



SPIRITUAL NATURE CURE
FOR
HEALTHY IMMUNE SYSTEM

AZEEM DANA

PSYCHOLOGIST AND HYPNOTHERAPIST

SPIRITUALITY HEALTH INNER VALUES ACADEMY

www.shiva.ind.in



SPIRITUAL NATURE CURE

FOR QUICK AND ASSURED HEALTH RECOVERY AND PREVENTION, MAKE SELF AWARENESS YOUR NATURAL NATURE BY PRACTICING EVERY MOMENT FROM NOW

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LESSON 1: 3RD EYE AND PINEAL GLAND

WHAT IS THE RELATIONSHIP BETWEEN 3RD EYE AND PINEAL GLAND? WHAT IS 3RD EYE?

When we focus on 3rd eye, we activate pineal gland. When pineal gland is active, it secretes healthy hormones to keep our Immune system healthy and protected from external elements and it also helps in prevention and healing diseases.

3rd eye is known as self. It is the point of attention, concentration, dhyān, focus. It means the one who is attentive. In fact, there is not much difference between I and attention. Hence, I can call myself as ATTENTION. I am attention. I am naturally attentive without any stress or tension or staring. I remain attention in an easy way.

Whenever there is attention, I am self aware, I am self conscious. When there is no attention, I am not self aware and I am not self conscious.

Questions and Answers:

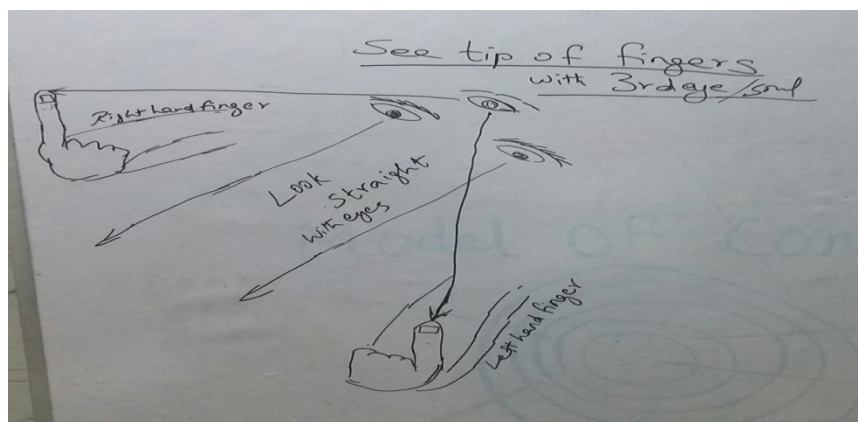
1. Who am I?

I am attention

2. How can I be self aware?

By attention.

Practice 1: to become aware of 3rd eye:



Keep your eyes look straight but let the attention be on the tip of your index fingers of both the hands. Keep moving your both the index fingers far away against each other by looking straight with eyes but let the attention be on the fingers. This will help you know that it is the 3rd eye which looks through the eyes.

Practice 2: Just stare at any point for few minutes. You will know that it is the 3rd eye which look through the eyes.

Practice 3: Be attentive in all actions throughout the day with the attention from 3rd eye.



LESSON 2 : EXPERIENCING 3RD EYE

HOW DO I EXPERIENCE MY SELF?

I experience myself by means of Silence, Existence, being aware of Consciousness. In natural course of actions, our attention is diverted or focused on worldly objects through our 5 senses and most of the time our attention is focused on thoughts unconsciously. Now, to experience myself, I have to bring back all my attention from worldly objects, 5 senses, thoughts, to my own self. When I bring back all my diverted attention to 3rd eye, then I become self aware. Otherwise we remain aware of non-self.

When I bring all attention to 3rd eye, then I feel my existence of stillness, silence, self awareness. And it is natural without any tension or stress or staring. It is to be easy and natural.

Questions and Answers:

1. How can I experience myself?

Being aware of 5 senses, bring the attention to 3rd eye away from all 5 senses and feel the stillness.

This stillness and silence can also be experienced by keeping our thoughts to the minimum like 0 to 4 thoughts per second.

Practice: Practice stillness or silence whenever you don't have to focus on external objects.

This will make you realize: **I am peace. I am silence.**

And by practice, every action can be performed with this inner silence.



LESSON 3: BLISS

WHAT IS THE STRUCTURAL FORM AND OTHER DIMENSIONS OF 3RD EYE?

3rd eye is just a point of light, point of consciousness. It does not have any physical form or weight. Because it is just a point of light and does not have physical weight, whenever our attention is focused on 3rd eye, we feel light and because of lightness, we feel bliss, happiness and unconditional love.

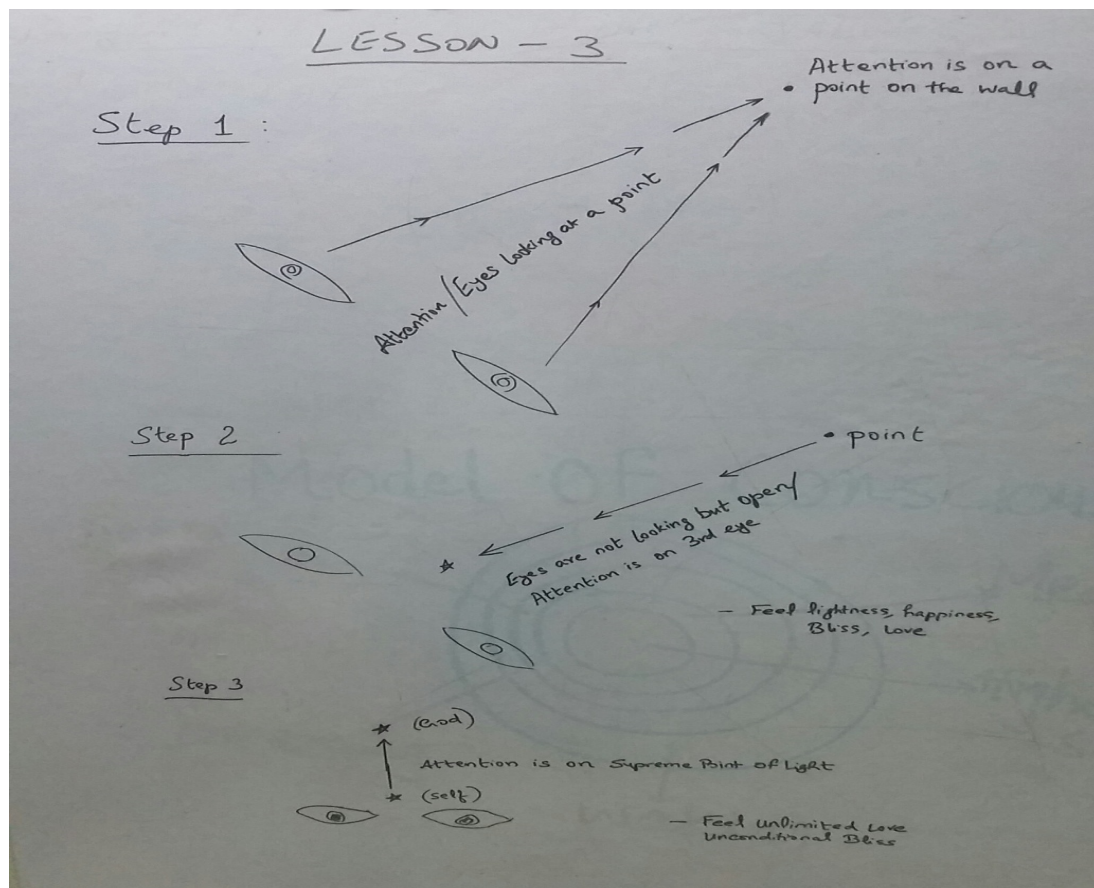
Questions and Answers:

1. What are the other qualities other than silence I experience being aware of 3rd eye?

Lightness, Bliss, Happiness and Unconditional love.

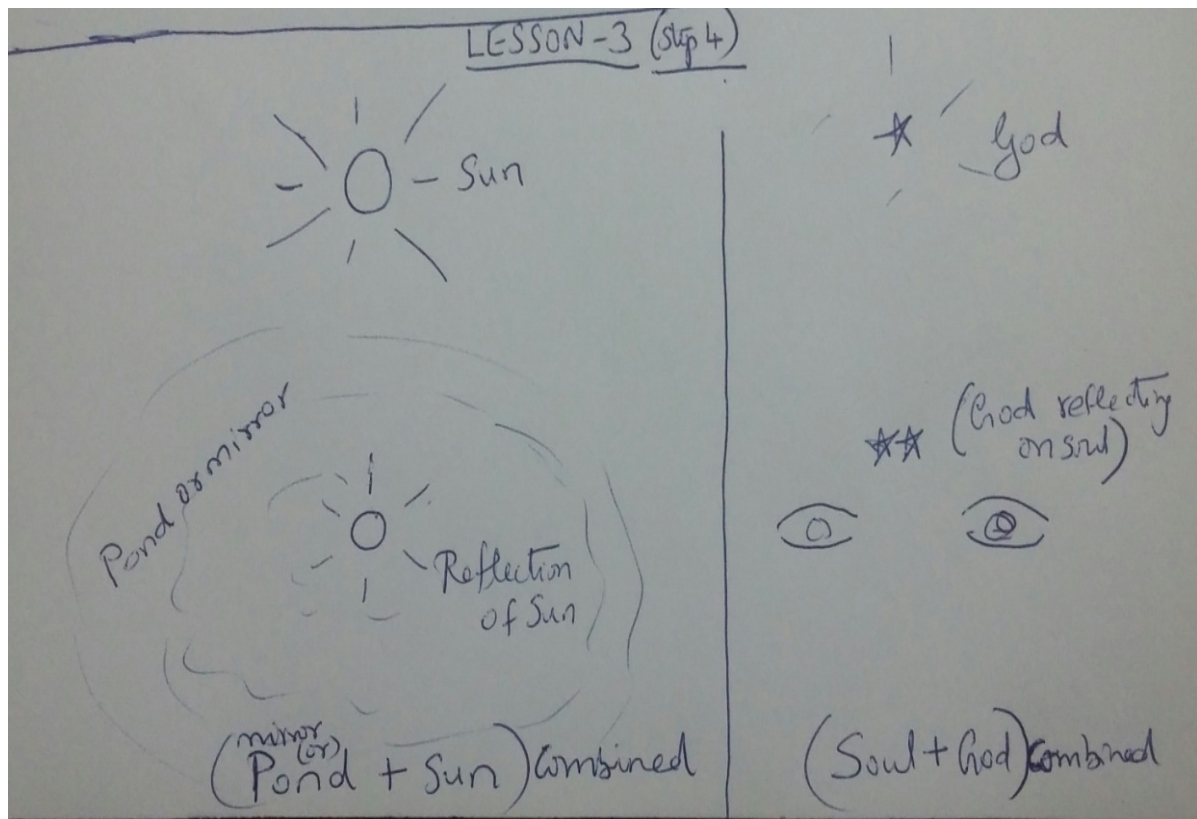
PRACTICE:

Wherever our attention is, we tend to absorb the qualities of the object where our energy (attention) flows. The easy way to feel our point of energy (3rd eye) is to look at a point. When we stare or look at a point without any other thoughts, very soon we will experience ourselves as a point of light.





For few seconds, let the attention be on the external point of light, after that let the attention be diverted to the 3rd eye at the middle of forehead and feel the lightness, happiness and bliss of being a point of light.



Whilst doing all activities where there is no point of light to stare, image a Supreme point of light (Supreme God, the Father known as Shiva, Allah, Jehovah) and you will start experiencing the lightness, bliss and happiness at the centre of your forehead in your 3rd eye.



LESSON 4: I AM THE CREATOR - OF MY HEALTHY BODY AND LIFE

HOW DOES THE THIRD EYE BECOME A CREATOR OR CREATIVE AND REMAIN SELF RESPONSIBLE FOR ITS EVERY THOUGHT, HEALTHY BODY AND ACTION?

3rd eye becomes a creator or become creative using thoughts. Thoughts are stored in the form of memories in 3rd eye known as sanskars or habits or character. These thoughts consist of even the sub-conscious programs that heal, cure, rejuvenate and create our individual physical organs of the body through Autonomic Nervous System. Thoughts are also used to analyze right and wrong which is known as Intellect or Intelligence. And in general the function of thoughts is known as mind. In fact there is nothing called mind but just thoughts. The ideas, beliefs about a person or objects are known as attitude.

3rd eye can create a thought whenever it feels so and it can stop using thoughts when it is not required like the body uses hands and legs whenever it is required and other times when not required, limbs are allowed to rest.

The mind does not have any control on its own. But it is the 3rd eye which uses thoughts. Many times we say that I don't want to do it but my mind does it. It is like we create something out of nothing. The truth is, it is the self / 3rd eye does everything and mind never does anything on its own. By making the invisible non existent mind responsible, many a times, I, the third eye skip the responsibility of controlling the thoughts / habit / attitude/ memory / character / health.

Mind is the word we used to skip our responsibility. When I know, I , the third eye is responsible as a Creator of thoughts, I can take control of thoughts and thereby I take control of my own life.

I, 3rd eye is self-responsible for whatever thoughts I had created in this birth from childhood days till date and I am also responsible for all those thoughts I had created in my previous life times.

At any given situation, if I have the awareness of 3rd eye, I never get entangled in the past memory, habit, attitude, character and personality but I use my Intelligence and my own choice based on the present current situation and deal effectively.

So, the awareness of 3rd eye, the attention is not that I use it once in a while or when I sit in meditation, I use it every moment, every second to remain intelligent and remain self-aware. And this constant self awareness creates within my body and mind, a Healthy reality, a new Healthy personality and a prosperous wealthy, safe environment and world, like it had created once when we were in mother's womb. And even scientists believe that every year almost 98% of our cells become new and we know it is true when we look at our image in the mirror.

Questions and Answers:

1. How 3rd eye function through thoughts?
3rd eye functions through thoughts by using thoughts as mind, intellect and sanskars.
2. What are the different forms the thoughts take?
Thoughts take the form of memory, habit, attitude, character and personality.



3. What is habit?
Repeated thoughts which has become a natural behavior is known as habit
4. What is attitude?
Beliefs, ideas that are formed part of behavior is known as attitude.
5. What is memory or 3rd eye self-created program?
All those thought impressions in different forms like habit, attitude, character, personality, even my diseases, weakness are known as memory or program.
6. Can mind function on its own without the attention of 3rd eye?
No, mind cannot function on its own. Because it itself does not have any existence. Mind is just a function of thoughts.
7. Who has control over thoughts? Mind or third eye?
It is the third eye which has control over thoughts. Mind does not have control over thoughts, because it never exists on its own in the absence of thoughts.
8. How do I know that my thoughts and actions are intelligent like a human being and not compulsive and automatic like a Robot?
By thinking and doing every action with self awareness and with attention of 3rd eye.

Practice:

Whatever action I perform, let me be aware of my thoughts and action to know if it is done compulsively through my past memory, habit, attitude, character and personality or if I am doing it consciously with Intelligence and attention through my 3rd eye based on the needs of present and current prevailing situations to create a healthy immune system, healthy body and mind.



LESSON 5: ACTIONS WITH SELF AWARENESS OF 3RD EYE

HOW DO I ACT AND REMAIN BLISSFUL CONSTANTLY WITH SELF AWARENESS OF 3RD EYE ?

Bliss is the word that denotes equanimity and tranquility. Whenever I remain peaceful and content with attention and focus on whatever thinking or action we do, I remain blissful. This attention and focus will remain natural when I perform all thinking and action by being self aware of 3rd eye.

WHAT ARE THE DIFFERENT TYPES OF ACTIONS I PERFORM?

With self awareness of 3rd eye, in general, I perform three types of actions:

- a. Action that needs full attention still at balance.
- b. Actions that need less attention. Here I can perform actions with more self awareness of 3rd eye.
- c. Actions that need not require attention. Here I just remain a detached observer not using my attention to get influenced by what is going on outside. I remain totally self aware of 3rd eye although I observe what is going on outside. Seeing but not seeing. Hearing but not hearing. Feeling but not feeling.

WHAT DO I DO WHEN I AM NOT THINKING OR DOING ANY ACTION?

When I don't perform any thinking or action, I need to revel in the happiness, joy and bliss of my own self of 3rd eye which is very natural. I don't need any action or thinking to remain blissful or joy or happy. My nature itself is the source of joy and bliss like the children always remain blissful and joyful with curiosity in every action.

I do all my actions for the sake of just doing not depending my joy and happiness on the outcome of actions. My way of life is happiness, joy and bliss. It is not the end of my life journey.

And this happiness, joy and bliss means the pineal gland secretes, Melatonin, Serotonin, Oxytocin, Dopamine, Morphine and other health hormones to make every organ healthy by developing a healthy Autonomous Nervous System.

Questions and Answers:

1. How do I act with 3rd eye self awareness when I am suffering from illness or pain?

Suffering or illness are from the past. Still if you have pain in the present, accept the pain and illness without brooding caused by the past feelings and emotions and future expectations. This will reduce the suffering and you will work on the well being by taking medicines and doing all that is required for health and wellbeing with hope and desire for better life.

Practice: Experience in my day-to-day life all 3 types of actions and get accustomed to them with varieties of 3rd eye self awareness of my own natural qualities of bliss, joy, happiness, silence, peace, etc.



KNOWLEDGE OF MY LIFE STYLE TO CREATE A HEALTHY LIFE STYLE

1. List out the problems (Representing Issues) you have at present – either physical or mental. It includes the history of present issues
2. List out the feelings / EMOTIONS / FEAR / TRAUMA / PHOBIA that you experienced at various AGE in your life:
3. What is your sleeping and waking time? Do you get any violent or disturbing dreams? How often and when?
4. How many hours do you exercise in the morning and evening?
5. How many times and what time you take food / snacks / fruits / WATER in a day?
6. How long you take rest in a day or spend time in solitude or silence?
7. What are the activities you are involved in a day office, TV and others?
8. What are your strengths or good qualities?
9. What are your weaknesses or negative qualities or any ADDICTIONS?
10. What do people generally say about your habit, character and attitude?
11. What all activities you like to do (even if it is not possible) - How do you like to spend your life for healthy habit, character and attitude?
12. How much do you love yourself in a scale of 1 to 10 to feel happy and good?

1	2	3	4	5	6	7	8	9	10
13. What do you like to do, give us a list of activities to reach to the level of 10 in the above scale of love?
14. What is that inner quality you do like to have, to carry out all external actions that you wanted to do in point 18 and 20?

The inner quality can be: the love for self (activities related with the own self, own health, own interest), self confidence, determination, to remain peaceful, loving and content all the time or other qualities.

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